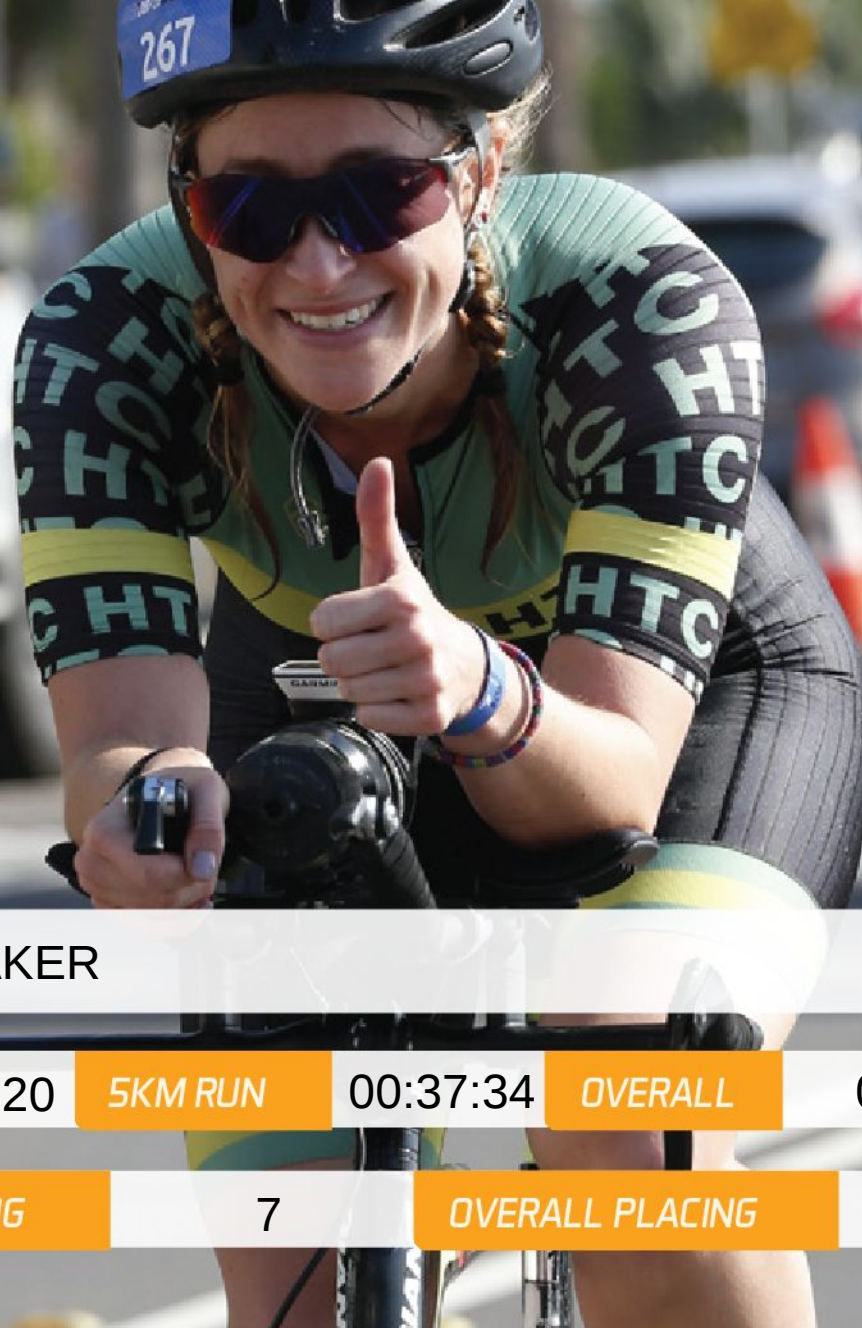




# TRI THE GONG

SWIM . BIKE . RUN

SATURDAY 24TH APRIL 2022



## SPRINT

Ceinwyn WHITTAKER

750M SWIM

00:18:56

20KM BIKE

00:44:20

5KM RUN

00:37:34

OVERALL

01:47:24

CATEGORY

55-59

CATEGORY PLACING

7

OVERALL PLACING

432

POWERADE.

Destination  
WOLLONGONG

R Revvies  
ENERGY STRIPS™

Peoplecare

fisiocrem™

ZOGGS

EY

B Traffic  
Management

A  
ATHLETIC BREWING CO.  
NON-ALCOHOLIC BEERS

Mc  
i'm lovin' it™

KIND

soto  
Coughing required

>>>>>  
catfish